


October 2018



Washington Community Schools Washington, Iowa K-12th Student Breakfast Menu

<p>Monday <u>October 1</u> Oatmeal Breakfast Round Yogurt Cup Fresh Mixed Fruit Cup Juice Choice Milk</p>	<p>Tuesday <u>October 2</u> WG Waffle w/Syrup Fresh Apple Juice Choice Milk</p>	<p>Wednesday <u>October 3</u> WG Breakfast Egg & Cheese Burrito Diced Pears Juice Choice Milk</p>	<p>Thursday <u>October 4</u> Breakfast Pita w/salsa Fresh Honeydew Juice Choice Milk</p>	<p>Friday <u>October 5</u> WG Cereal WG Muffin Fresh Orange Juice Choice Milk</p>
<p>Monday <u>October 8</u> WG Cereal Little Smokies Mandarin Oranges Juice Choice Milk</p>	<p>Tuesday <u>October 9</u> Biscuits & Gravy Strawberries Juice Choice Milk</p>	<p>Wednesday <u>October 10</u> <i>1:10 Dism.</i> Scrumptious Coffeecake Applesauce Juice Choice Milk</p>	<p>Thursday <u>October 11</u> Western Omelet Quesadilla w/Salsa Diced Peaches Juice Choice Milk</p>	<p>Friday <u>October 12</u> French Toast Sticks w/Syrup Banana Juice Choice Milk</p>
<p>Monday <u>October 15</u> WG Cereal Ham Patty Fresh Apple Juice Choice Milk</p>	<p>Tuesday <u>October 16</u> WG Pancakes w/Syrup Mixed Fruit Juice Choice Milk</p>	<p>Wednesday <u>October 17</u> Breakfast Pizza Apricots Juice Choice Milk</p>	<p>Thursday <u>October 18</u> Excellent Egg Taco w/Salsa Graham Crackers Grapes Juice Choice Milk</p>	<p>Friday <u>October 19</u> Fruit Parfait Sausage Patty Juice Choice Milk</p>
<p>Monday <u>October 22</u> WG Cinnamon Roll Sliced Peaches Juice Choice Milk</p>	<p>Tuesday <u>October 23</u> WG Bagel w/Toppings Fresh Pear Juice Choice Milk</p>	<p>Wednesday <u>October 24</u> <i>1:10 Dism.</i> Granola Bar Applesauce Juice Choice Milk</p>	<p>Thursday <u>October 25</u> Cheese Omelet WG Toast Mixed Fruit Juice Choice Milk</p>	<p>Friday <u>October 26</u> Pancake on a Stick w/Syrup Pineapple Chunks Juice Choice Milk</p>
<p>Monday <u>October 29</u> Breakfast Pizza Fresh Orange Juice choice Milk</p>	<p>Tuesday <u>October 30</u> Oatmeal Breakfast Round Sausage Patty Fresh Apple Pear Juice Choice Milk</p>	<p>Wednesday <u>October 31</u> HALLOWEEN  FRENCH TOAST HARD BOILED EGG FRESH GRAPES JUICE CHOICE MILK CHOICE</p>		<p>**Non-fat (flavored or unflavored) or 1% Milk (unflavored) served daily. WG-Whole Grain Menus are subject to change without notice. This institution is an equal opportunity provider.</p>